



BREAKAWAY

The Andrea Holden 5K Thanksgiving Race Saturday November 28, 2009 10 a.m.

Sponsored by: **BREAKAWAY**

This popular community Run / Walk welcomes all and is held each year on the Saturday after Thanksgiving. All funds raised are to benefit the health and well-being of children in the Mid-Cape area and to fund four Annual Scholarships at the D-Y High School and two at Cape Cod Tech.

The Start, Finish, and Post Race Party will be held at THE DENNIS INN, Scarsdale Rd. (near Corporation Beach)

Pre-Registration Fee: \$15. / Family (kids under 17): \$50. Race Day Registration: \$20 / Family (kids under 17): \$55. **REGISTER: ON-LINE** www.andreaholden.org or **FILL IN THIS FORM** and mail with check to The Andrea Holden Thanksgiving Race P.O. BOX 542 South Dennis, MA 02660. You may register on the **DAY OF THE RACE** (note higher cost.) Make checks payable to The Andrea Holden Thanksgiving Race.

Categories: **12 and under**, **Youth** (13-18), **Open** (19-29); **Adult** (30s); **Master** (40s); **Senior** (50s); **Vet** (60s); **Super Vet** (70+). Additionally, there is a side competition of teams from local HIGH SCHOOLS and a RESCUE (Police, Fire) CHALLENGE CUP determined by the sum of the time of the top 3 runners. (Please ID school / town and department.)

Long Sleeve Race T-Shirts *are not included* in registration fee but are available for \$15. Each (S,M,L,XL)

Walkers and Runners have separate starting lines

Name	E-MAIL / Address	City	ST	Zip	Sex	Age	High School	Rescue Challenge Cup	\$15. T-Shirt size	Tot. Amt.

I would like to donate \$ _____ above the race fees, etc to the Andrea Holden Foundation, Inc. All gifts are tax-deductible. All money raised goes entirely to the mission of the Andrea Holden Foundation. There are no paid persons or organizations.

Radio spots are donated by the Cape Cod Broadcasting Company.

After Race entertainment by Beth Terrio

WAIVER: I know that running in a road race can be a potentially hazardous activity. In consideration of my acceptance of this entry I / we intend to be legally bound hereby for myself, my heirs, executors, and administrators waive and release any and all rights, claims or other damages against Race Officials, Board of Directors, Sponsors, Volunteers, or the Town of Dennis or their agents. I also understand that there are no refunds of the circumstances including a cancellation due to poor weather directed by Race Officials. I also agree that all merchandise ordered and prizes won must be picked up on the day of the race.

Signature(s): _____